



The Mystical Core

Have You Really Trained Yours Today?
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GETTING TO THE “CORE” OF IT ALL...

- o Sit ups. Plank holds. Pelvic tilting. Seated Med Ball Twists. Transverse Abdominus draw ins....etc.

The list of traditional and not so traditional ways the core has been trained may be nearly infinite. It seems these days the word “core” is attached to every workout program, every television infomercial, every video or every exercise article in popular magazines. But does what’s being done REALLY have anything to do with what YOUR core as an athlete is ACTUALLY doing on the field or court?

THAT’S THE REAL QUESTION!

- o There’s tons of misinformation about the core that is popularized in the media.

WHAT IS THE “CORE” ANYWAYS?

IS IT JUST MY ABDOMINALS?

Think of an apple core. It’s the center or the foundation. It’s where things are attached to. It has to serve as a stable base. Your core includes...

- o Trunk (spine)
 - o Shoulder blades
 - o Pelvis-hips
- o Consider a door...if the hinge isn’t secured well to the door frame (stable base) that door ain’t workin’!

But unlike the door hinge that is literally screwed down and truly locked in and stabilized, our **human core is the ultimate in MOSTABILITY**...that amazing combination of **Motion + Stability**...

- o Our core does NOT function like a 2 x 4 or like a statue that doesn’t move.

- We require that incredible combination in all 3 Planes of Motion of core control or stability while at the same time managing at least small amounts of motion.
- Why is the core so important?
 - Eg. If you can bench press 200 lbs lying down on bench (which stabilizes your body for you to great extent) but in standing let's say your core can only control 120 lbs of force, then do you think you'll be able to push with your 200 lbs you got up to in the bench press?
 -NO WAY!
 - Your core can be THE limiting factor in your athletic strength and power expression on the sports field or courts!
 - Your arm and leg muscles need to have a stable base to attach to so they can contract powerfully to run, jump, cut, land, throw, swing...etc. If the core is weak...your arm and leg actions will be LIMITED.
- TRAINING FOR FUNCTION
 - At PEAK PERFORMANCE we analyze an athlete's successes and failures along with their sport's demands.
 - Just doing creative and challenging exercises can be a good workout, be fun, and literally provide a real "gut check" (sorry for the bad humor!)
 - BUT AT THE END OF THE DAY....
 - It all comes down to training in **positions of function** in order to optimize and promote excellent carryover and neuromuscular training effect to improve sports performance
 - Bodyweight, Med Balls, Kettlebells, Tubing, Dumbbells...there are tons of toys to help stimulate the core.
 - Our greatest "toy" in training our patients' and athletes' cores is...
 - Our Brains!
 - Seeing how our core works in athletics and real everyday life helps us design functional training programs.

TRAINING YOUR CORE FUNCTIONALLY IS KEY!

So get up off the ground and make sure to train your core in the Sagittal, Frontal, and Transverse Planes using our good old friends Gravity, Ground Reaction, and Momentum!



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